# Workshop helps dispel gay myths

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AS COACH BOIKE and SEQ. "We are to see the second of bear to second of the sec

Kelli Miller feels the same key active better better

Also new this year is the charge he National Collegiate Ski Associati

United States Collegiate Ski Associate

This change makes the organization to

centralized and requires fewer pages

operate it. The Ford motor concerts

dropped its sponsorship and Wees

With a look at last year's results and the

year's before, Clarke's ski team has the

on the upswing. Rench said, "This year is

have a more solid team. We lost Just he

Steve, Dan and I trained hard over tree

and I feel we are much faster and strong

Last year, the team won the Chicago

division by beating teams like the Unis-

sity of Wisconsin-Madison, the University

of Wisconsin-Milwaukee, and Marquete

Although the team has two races under

its belt, there are three more races belt

the Chicago Divisional Champiors (

Midwest Regionals and the National

Clarke's next race will be Feb. 3 at \$10

burst. After Sunburst, the team will tee

to Tyrol Basin at Mt. Horeb where they have

compete in a slalom race on Feb. 18.78

Chicago Divisional Championships #18

held Feb. 13-14. The leam has a chief

to move into Regional Championships

placing third or better.

If the team makes it to Regions to the seam makes it to the seam ma

does well, they will advance to Meggrees t

"It's a long road, but I think we had a

hance, said Rench.

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by Celeste Pechous Homophobia and Heterosexism, accor-Homophota and the irrational ding to M.Smith, is defined as the irrational ding to two discounting the first fi fear of matred, and prejudice that fear brings, disgust and prejudice that fear brings. disgust and project the control of t Homophissa that is unlearned, according also be a fear that is unlearned, according also used its sold a workshop to help people deal with homophobia.

Over 40 students attended the "Unlearned Homophobia" workshop, conducted by ed number and staff of Clarke College on Feb. 7, in the campus ministry center. The workshop was geared toward helping inworkship have a better understanding of homosexuality.

As members gathered into the campus ministry, packets were handed out. The informational guide contained a syllabus on what to expect, an in-depth definition of homophobia and examples, a homophobic questionnaire, myths and facts about gays

and lesbians, a list of 15 things you can do to help eliminate homophobia and a letter concerning gay-bashing. S. Kathy Carr, BVM, campus ministry director, opened the workshop by welcoming and introducing Risa Anderson, an adjunct faculty member of philosophy.

Anderson told participants what to expect and then introduced junior James Nurss. Nurss began the workshop by asking people if there was anything that would make students feel more comfortable. After no replies, the first activity started. Nurss divided everyone into three groups and explained the rules.

The first activity was called the "Label game." Leaders of the workshop went around and stuck labels on the students forehead. They then told the students to put their hand over the label so they couldn't see it. Because there were more people than expected, a few had to go

without labels. After the labels were all in place, the groups went around to each other and acted out what their labels said. Various directions were on the labels. Some labels said "Smile at me," while others read "Shake my hand," or "Pat me on the back." A few labels said "Turn away." People went around shaking, smiling, patting and turning away for five minutes. After that, discussion of the game

The point of the game was to understand the feelings of the people that had "turn away" on their forehead. Junior Ron Honeyman had a "turn away" label. "I felt bad. I would try to smile at someone or shake their hand and they would just turn away. It was hard because everyone was having fun, but I was blocked out," Honeyman said. After the label activity, the workshop proceeded with another activity headed by senior Stacie Kagan.

The "Game of Life" was an activity that taught about losing important things when you are gay/lesbian. The leaders handed out six cards and told the participants to write six different answers on them. The things to write about were: a name of someone you shared secrets with, your favorite place, your best friend's name, your close friends' names, your most prized possession and your goal in life. After that, Kagan discussed hypothetical situations on how you would tell those people you were gay and how you would feel if you lost them. Following the discussion was a short recess followed by a film.

The video "Reading Between the Labels" was a 30 minute film about gay teenagers and their experiences; such as how their families handled the coming out stage and how their friends dealt with the issue. Also, included in the film were places and phone numbers available for homosexual and bisexual people. A discussion was held after the video.

If you are interested and missed the workshop, you may contact S. Carr for information on possible upcoming

### Community service activities abound for rest of year

by Barb Tucker

Community service is blossoming as the spring semester begins at Clarke. Many activities and conferences are planned for the following months. S. Pay McNamara, associate director of campus ministry, believes that community service is very important to Clarke, especially during the year of the sesquicentennial. "We want to continue Clarke's 150 years of service to the community and build for the future.

During the weekend of Feb. 5-7, three clarke students, junior Becky Johll, freshman Colleen McEneany and freshman Juli Dunne, along with S. McNamara, attended the Midwest Regional Hunger and Homelessness Conference at Rockford College in Rockford, III. Through workshops, the conference motivated students, faculty and administrators to make a difference in their community by developing awareness and creating programs to help the hungry and the homeless.

The guest speaker at the conference was Harry "Hooks" Swets. Swets, an ex-Marine, said he is homeless by choice. He believes that he can reach out and help the homeless on the streets of San Francisco better if he, too, is homeless. Swets works for a radio station as its "homeless reporter" to tell of his, and many others'

(Continued on page 2)



## **Dollmaker revisits Clarke**

"Heyl Are you going to that doll workshop Thursday?" These words echoed the hallways and classrooms of Clarke College last week.

Students, faculty, administrators and community members joined together to help celebrate Black History Month with doll maker, Selena Derry of Chicago. They were gathered together to make cultural

Derry held the workshops in the West Locust Dining Room on Thursday, Feb. 4, at 1:30, 3:30 and 6:30 p.m. Derry supplied the appropriate cloth for the African American dolls and anyone interested in making dolls of other cultures had to provide their own cloth. In realizing that everyone may not have had the opportunity to attend one of the workshops, Derry also had her Global Market set up in the area for potential buyers. The market included a variety of African items, such as earrings, belts, buttons, bracelets, dolls and hats.

"I thought the workshop was very worthwhile and eye-opening to the African culture. It was a good experience and I enjoyed working with Selena," said freshman Tasha Horn. Horn then went on to say that it was a good idea to have Derry come to Clarke because it brought people of different ethnic backgrounds together to help

celebrate Black History Month. Derry was invited to Clarke by the Clarke Student Multicultural Organization (C.S.M.O.) as a part of their planned activities, for Black History Month.

Selena's workshops were split into three hourly increments and during this time Derry taught everyone how to make and dress the cultural dolls. She also played a video which discussed the different materials that can be used for clothing. The video also brought to the viewers' attention that there is more than one God. Blanca Islas, a freshman, said, "I enjoyed the workshop, especially the video that Selena showed. When I was making the dolls, I felt very relaxed. It put me in a good state of mind and if I get the opportunity to attend another one of Selena's workshops, I will definitely go," said Islas.

Derry is originally from Philadelphia, but is now residing on the north side of Chicago. She is a creative artist who specializes in quilting, ethnic doll making and porcelain sculpting. It was through Derry's marriage to an African American that she discovered her lack of knowledge about her culture. "Being married to an African American made me realize that I knew nothing about my culture," said Derry. After discovering this, she started to read and educate herself about her culture. She learned from other Africans how to

barter. She would exchange her craft with others in order to get the things that were needed for survival. Derry believes that you can live by knowing where you come from.

Life for Derry was not always smooth. She had to work very hard to get where she is today. Money was not always at her fingertips so she had to do whatever it took to share her talent with others. Derry cleaned the studio of white women, who were reproduction doll artists, in exchange for techniques she needed to broaden her knowledge of doll making.

Derry has 11 years of experience in teaching ethnic doll making using porcelain, fabric and paper. She was featured twice in Designer Week for Saks Fifth Avenue, Chicago. She conceived and organized a doll fashion show for Neiman-Marcus, Chicago and her dolls were exhibited by the Chicago Historical Society in "A Salute to American Toymakers" exhibit.

There is no doubt Derry is an active individual who takes pride in her work. Besides her other contributions, Derry has founded and directed the Ibeji (a Yorba word for "twins") Project. The project is a crafters' production co-op that enables women of the organization to market their items. Doing so enables them to improve their economic status, produce ethnic craft items that tell their personal stories and to develop any additional skills in health care, bartering, meal planning, problem solving and most importantly shared learning.

The women that belonged to the co-op were from different backgrounds. There were hispanics, blacks and whites. These women would talk about their backgrounds and through the sharing of experiences they would learn from each other. "Due to my busy schedule I didn't get the opportunity to attend one of the cultural workshops, but from the responses that I have heard, it was a great and fun learning experience. I hate that I missed out on an opportunity to learn how to make a cultural doll," said junior Mia Mitchell. "If she ever decides to come again, I will be sure to attend one of the workshops.

Derry said she was honored to be invited to Clarke once again. She was here during the summer of '92. Due to her outstanding performance, she was asked to come back to display her special talent in ethnic doll making.



Thursday, Feb. 4. (Photo by Don Andresen)

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by Anne Dalton

# Feature

# Valentine's Day has long history

by Rebecca Noll

According to Webster's dictionary, Feb. 14 is observed as a festival in honor of St. Valentine and as a day for sending love

tokens or valentines. My first thoughts of St. Valentine's Day were from grade school and passing out valentines to classmates at a Valentine's Day party. Of course, the best card out of the box was saved for the one you had a crush on. As we grew older, we sent candy or flowers to the ones we loved.

The celebration of Valentine's Day has changed considerably over the years and there are many theories behind its origins. On Feb. 14, 270, a Roman priest died through the persecution of Claudius II. His name was Valentine. His feast has been associated with the tradition of boys and girls declaring their love for each other or choosing someone to be their steady

partner for the next 12 months.

They did this through a game of chance in which the boy drew the name of their valentine. The boy then offered companionship of affection and love for 12 months. He was willing to consider marriage if the companionship proved to be satisfactory for both. If it didn't work out between the couple, then the boy drew another name the following Valentine's

Another theory, based on a belief throughout Europe during the Middle Ages, was that the birds began to mate on Feb. 14. It was said that on this day, they chose

their mate for life. Yet, this does not explain the connection between St. Valentine and those in love. Maybe the association grew out of the similarity between Norman word galantin, meaning a lover of women, and also the name of a Saint. It is thought that Galantin's Day was frequently pronounced with a "v" and this could have led to confusion

of the name. If that isn't satisfying enough, a medieval legend tells how St. Valentine, shortly before his execution, wrote a note to the friendly daughter of his prison master. He signed it "from your Valentine."

Then there is always Cupid, the ancient Roman god of love. Cupid was the son of Mercury, the winged messenger of the gods, and Venus, the goddess of love. He usually appeared as a naked, winged infant carrying a bow and a quiver of arrows.

Everyone knows to watch out for Cupid's arrows because their wounds inspire love or passion in those they strike.

The American tradition of sending Valentine cards has a brief history all its own. The custom came here from England where it had developed as a substitute for the ancient Roman choice of partners. This tradition is known in countries of northern

It is possible that the valentine was the first of all greeting cards. The paper valentine dates from the 16th century and by 1800, hand-painted copperplates were produced to meet large demands. These were followed by woodcuts and lithographs. The valentine card business was born.

If you want to celebrate St. Valentine's Day here at Clarke, there is a variety of ways to show your loved one that you care. The Biology Club is selling carnations to be delivered to your sweetheart. Or how about a Valentine candy gram being sold by Appalachia volunteers. A serenade by the Clarke Collegiate Singers singing love songs outside the dorm room of that special person is also quite romantic.

Lastly, if you can't afford a limousine ride and a night out on the town, then the Valen-

tine's Day Dance, Feb. 13, at the Julien Inn, may be the right choice for you. The cost is just \$5 for Clarke students, \$7 for non-Clarke students, \$10 a couple and \$7 per person at the door. The theme will be 'Time in a Bottle." The dance will be held in the Crown Gallery Room from 9 p.m. to

However you choose to celebrate, or not celebrate, St. Valentine's Day is up to you Look on the bright side, at least you won't have to worry about being stuck with some unpleasant person for the next 12 months

## Clarke to **host 100** students Feb.14-15

by Tracy Delaney

On Sunday, Feb. 14 and Monday, Feb. 15, Clarke will welcome around 100 visitors to its dorms, halls and classrooms.

Every year, Clarke hosts its annual Spring Sneak Preview. Not only does this provide students with a look at Clarke, it also gives them a feel for Clarke.

This year the majority of students will be from Chicago and Iowa. Clarke does however, provide transportation from Minnesota, Illinois, Iowa, Missouri and Nebraska.

Although the preview is targeted at high school juniors and seniors, this year they have added other applicants to the list. A separate program will be provided for the applicants in the hope that they will give Clarke another look. According to Bobbe Ames, vice president for institutional marketing and recruitment, students really need to experience Clarke in the spring when they're narrowing down their choices of schools.

About 7,000 potential visitors were notified concerning the Sneak Preview through a direct-mail invitation. To encourage consideration of these invitations, a follow-up telephone call was made to each home. The student applicants were also notified by the admissions department and encouraged to look at what Clarke has

The visiting students will stay on campus with Clarke students. Clarke student volunteers will take on the task of showing the visitors around and making them feel

The Clarke Admission Student Team (C.A.S.T.) is very involved with the hous ing of the visitors. Some of the visitors will stay in a few empty rooms in the dormitory "It is really difficult to find rooms for all the students," said Ames. "If we didn't have the wonderful cooperation of Clarke students, being willing to take students for the picht. the night, I don't think we could do it. Visitors who team up with Clarke students have the added benefit of seeing how students live on campus.

Entertainment for the weekend will include a number of activities. Sunday evening Clarke will welcome Ensemble 1550 followed by Regency, a jazz rock group. This event is open to visitors and Clarke studies staff Clarke students. The student activities staff and David North and David Nevins, director of residence life and students. and student activities are the organizers.

The vicities The visiting students will also have an apportunity.

opportunity to walk through the museum display in Quigley Gallery. "Even if Clarke is not their choice, the history is interesting." said Amon teresting," said Ames.

The visitors also will be able to eat lunch the field on Monday with faculty from the field they're most interested in. They will also be welcome into also and a Monday to be welcome into classrooms on Monday to view a real life. view a real life class at Clarke will attend Accepted applicants to Clarke will attend

(continued on page 4)



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The Courier is a student-produced, weekly newspaper for the Clarke College community. Opinions expressed herein do not necessarily reflect the opinions of the faculty, staff, or administration of the college.

The Courier welcomes input from members of the Clarke community. Please send comments to P.O. Box 280, Clarke College, Letters must be signed and are subject to editing for

The Courier is a member of the Associated Collegiage Press and holds a first class rating from the National Scholastic Press Association.





### ...service activities

The Network of Iowa Service Learning will be holding a one-day conference at Grinnell College in Grinnell, Iowa, on Feb. 17 from 9 a.m. to 3 p.m. The topic of the round table discussion will be community service on the college campus. Freshman Jon Lang and sophomore Ken Lee well be attending the conference with S. McNamara.

A new service trip planned during spring break has S. McNamara excited. From Monday, March 8, through Friday, March 12, students will be traveling to the Hesed House in Aurora, III. Founded in 1985, the Hesed House provides assistance to those in need of food, clothing and shelter. More than 5,000 volunteers help at the house, for our services because the hungry are

A brochure detailing the works of the Hesed House explains its goal for the future. "The ultimate goal of all Hesed House ministries is to eliminate the need for out services because the hungry are fed, the naked are clothed, the homeless are sheltered and people have a chance to hope again. This will be the true measure of our success."

"The Hesed House was featured on the CBS national news showing the tent cities along the Fox River. They were just amazed that homelessness is a problem here in middle America," said S. McNamara.

The Hesed House is under the direction of S. Rose Marie Lorentzen, BVM. "She's realy excited that students form Clarke will be coming to help," said S. McNamara.

If interested in participating in the service trip to the Hesed House, please contact S. McNamara at x6428 or Johll at x6651 for more information and applications.

In the works is an all-school service day planned for Saturday, April 17. "The thought is that there would be a clean-up day to help the elderly parishioners in the community with spring cleaning and hard work," said S. McNamara. More information will be available at a later date.

Community service not only helps the needy, but also rewards the participants. Through service projects at Clarke, students can share their love and talent with others, while feeling good about what they have accomplished.

#### Announcements.

Clarke invites everyone to help celebrate its

150th birthday party on Friday, Feb. 12, at 2

p.m. in the Atrium. Entertainment will be pro-

vided throughout the afternoon and into the

evening. A birthday cake will follow the 7 p.m.

light show. Please stay for fun, food and

Come hear the 1550 Singers perform on

This week is Global Awareness Week. Stop

in the atrium and broaden your horizons with

abc

Make time to go to the Valentine's Day

dance on Saturday, Feb. 13, in the Crown

Gallery Room of the Julien Inn. The dance will

be from 9 p.m. to 1 a.m. Cost is \$5 for Clarke

students, \$7 for non-Clarke students, \$10 a

couple, and \$7 per person at the door. Tickets

abc Don't forget to serenade your sweetheart

this weekend. The Clarke Collegiate Singers

are selling "vocal valentines" in the atrium un-

til Feb. 12, from 11:45 to 1:15 p.m. Vocal valen-

tines will be delivered Feb. 12-14 from 7-9 p.m.

Cost is only \$2 per song. Proceeds will go toward the C.C.S. Ireland Tour.

information from around the world.

are available in the Atrium.

Sunday, Feb. 14, at 8:15 p.m. in the Jansen

entertainment.

Music Hall.

#### Briefs.

at 8 p.m.

#### **Coming Events**

Sneak Preview Weekend will be next weekend, Sunday, Feb. 14-15. About 100 visitors will be on campus to get a glimpse of Clarke. Join us in making them feel welcome. abc

Another Brown Bag Lunch series will begin on Monday, Feb. 15, for non-traditional students. Joan Tatarka will start the series with

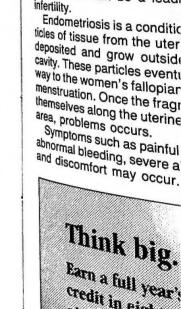
a presentation on domestic violence in the non-trad lounge at 11:30 a.m. and 12:30 p.m. The Clarke College Drama Department will present "Animal Farm," by Peter Hall, Feb. 18-21 in Terence Donaghoe Hall. Shows begin

#### abe

Learn what endometriosis is on Monday, Feb. 22 at 7 p.m. in the Mary Fran lounge. Miriam Shihata, guest speaker, will share her experiences and explain how this disease affects many women.

#### abc

John Wustman, University of Illinois professor of piano accompaniment, will continue his Schubert concert series at Clarke on Thursday, Feb. 25, at 8 p.m. in the Music Hall. He is in the process of performing 670 Schubert songs by the year 1997, the 200th anniversary of Schubert's birth.



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# Feature

## African music history traced by Dr. Nelson by Shana Richardson by Shana Richardson Evolution is an unfolding, an opening

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by Tracy Delaney

out, or working out of events. It is a process out, or working at his movement that is part of development. It is movement that is part of a series of pattern of a series of mounts in a pattern of a series of movements, "said produced by a series of movements," said produces Professor of music and Teagle Assistant Feagle Assistant, Angela Nelson, who received her scholar, Angela Nelson, who received her doctorate in American Culture studies from doctorate Green State University in Ohio. Nelson presented her lecture on the evolu-Nelson Prican American music on Friday, Feb. 5 in honor of Black History month. Nelson began with some definitions that

were to be the focus of her lecture. She described African Americans as people of described African descent living in the United States and their music as both African American popular and folk, and sacred and secular. She said her focus was on the music of a people who largely reacted to the music of European, or white Americans.

West Africa is where the aesthetics, attitudes, beliefs and conceptualizations of African American music began. Important ideas were their practices vs. aesthetic values, their music as a process vs. product and their music as sacred vs. secular.

Their practices vs. aesthetic values refer to how African Americans make music vs. how they believe in making music, a process rather than a product. For instance, it was important for the African Americans to be spiritually and emotionally involved while in the process of making music. Also. the context of sacred and secular music was the same. Only the words were different. For example, God, Jesus and Moses were referred to in sacred songs

Nelson then characteristics of African American music. Their skill and motility, or the use of spontaneous action, were important qualities used in the process of making music.

The characteristics of rhythm included a steady beat or pulse, a contrapuntal or polyphonic quality, which means a different set of rhythms would be played together, and syncopation, which means that emphasis is placed between beats rather than on the beats. Percussiveness was important. But because slaves were not allowed to use drums, they clapped their hands, tapped their feet or used other means to create a percussive sound.

A high density of events, another important characteristic, means that several kinds of percussive sound would be played at once, and that the music was busy, active and alive. Timbral differentiation refers to the playing of different instruments together, which have different tonal qualities.

Call and response referred to musical phrases playing in a calling and responding manner. Improvisation, which means to compose and perform simultaneously, was also used. Repetition of sounds also defined African American music.

Collective participation and dance with music were also a vital part of African American music. Collective participation, or joint collaboration, is found in a congregation responding to a minister, through actions such as yelling praises and raising hands. This shows that African Americans are spiritually moved. Music and dance, which are interconnected, cannot exist independently.

The lecture, a multimedia program included excerpts of African American songs from various eras, in the form of records and videos. Nelson also included slides of African American performers and groups from different eras, and explained each of their styles. Such artist included: Scott Joplin from the ragtime era; Louis Armstrong, from the New Orleans jazz/Chicago era; Thomas Dorsey, who performed traditional gospel; and Ray Charles from the rhythm and blues/soul era.

Nelson covered songs from the following periods: field hollers, seculars/ballads, worksongs and spirituals (before, during and after slavery, 1750-1865); minstrelsy (1840s-1900s); ragtime (1880s and 1890s); blues (1880s and 1900s-1930s; gospel (1930-1969); swing/big band jazz (1930s); bebop (1940s); rhythm blues (1935-1940s); soul (1960); funk (1970s); disco (1970s); rap (hip-hop, 1975-present); contemporary jazz 1980s); urban/contemorary gospel (1981); and house music (1990s).

'LeRoi Jones," now known as Amiri Baraka, was instrumental in the black arts movement in the 1960s. In his book, "Blues People," which was the first book about African American music written by an African American, he said, "The most expressive African American music of any given period will be an exact reflection of what the African American himself is. It will be a portrait of the African American in America at that particular time. What he thinks he is, what he thinks America or the



Angela Nelson, assistant professor o music, shares her knowledge on the stages of African American music. (Photo Don Andresen)

world to be, given the circumstances, prejudices, and delights of that particular American. African American music and life in America were always the result of a reaction to, and an adaption of, whatever African Americans were given or could

secure for themselves.

Carol SPiegel, assistant professor of mathematics, was impressed by the lecu ture. "I found it interesting to see that throughout the various periods of African American music, the emphasis was still placed on music as a process, as well as on the integration of secular and sacred music. It was fun to hear the musical excerpts from the 50s."

Anne Marzullo, freshman, also enjoyed the lecture. "It was very insightful and interesting to know that although the music spans many generations, certain aspects such as rhythm, patterns and themes remain the same. I enjoyed the examples she

Nelson, who has completed a dissertation on rap music, said, "I love African American music, and my ability to share it with the audience reinforced that feeling.

### Endometriosis attacks 23% of women

by Anne Dalton

Ever since Endometriosis came to gynecologists' attention over a century ago, it has been a puzzle. This pelvic disease occurs in up to 23 percent of women and can be a leading cause of

Endometriosis is a condition where particles of tissue from the uterine lining are deposited and grow outside the uterine cavity. These particles eventually find their way to the women's fallopian tubes during menstruation. Once the fragments implant themselves along the uterine wall or pelvic area, problems occurs.

Symptoms such as painful menstruation, abnormal bleeding, severe abdominal pain and discomfort may occur. According to

FROM WOMEN TO WOMEN by Lucienne Lanson, approximately 40 percent of women with endometriosis will become infertile.

Michelle Miller, senior, can relate to the intense pain a person can have. One of her close friends has recently been diagnosed with the disease. "It really affects more people than you think. There are myths that it only happens to older women, but it does affect younger women as well."

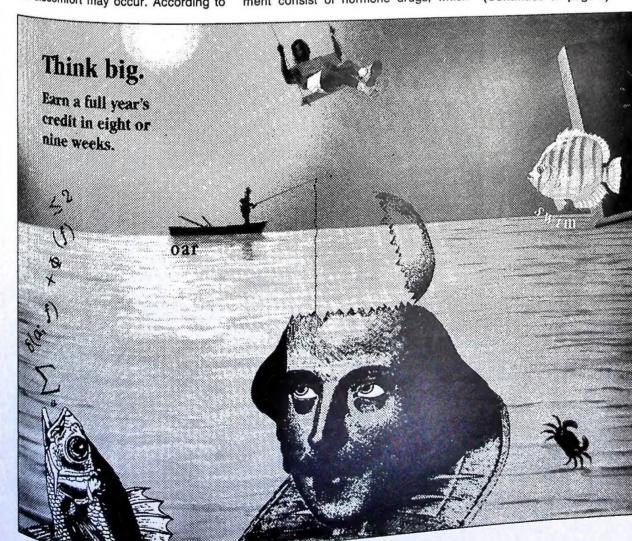
"I can recall over several years, about two or three girls have been referred to doctors for endometriosis, "said Lynn Siegert, Clarke nurse.

In the early stages of the disease, pregnancy is a form of therapy. Initial treatment consist of hormone drugs, which dissolve the fragments embedded around the pelvic area. Hormone drugs may not cure the disease, but may delay its reaction. Danzol, a new drug, cost about \$160 a month and is the most effective treatment.

As Endometriosis worsens, a cyst may form in the uterine wall. At this stage, surgery is required.

The most tradional surgery is Laparoscopy which removes the deposits left from particles. The second type requires the surgeon to make an abdominal incision and to remove remove any particles that cannot be removed by Laparoscopy

The most radical surgery is a complete (Continued on page 4)



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# Sports

## Crusaders topple Mt. Mercy 87-73 bounds and also led Clarke with seven

by Timothy Kemp The 1992-93 men's basketball season has been a tough one for the Crusaders. The team was winless in its first 19 contests and went into Wednesday's game knowing they had suffered a loss to the Mount Mercy club earlier this season by more than 30 points. Still the team felt that they could break through and win this game because the squad knew that Mount Mercy was not a team that was 30 points better than them.

The Crusaders were able to break through, on the road, and beat the Mustangs 87-73. It was the first win of the season and it removed a big monkey off the backs of the Clark players and coaches. The team ran off to a half-time lead of 42-37. The team has been involved with close half-time scores in many other games this season. In those games, Clarke would let the game slip away in the

...Endometriosis

hysterectomy. In either case, endometriosis may reoccur.

"It's smart to have yourself checked if you have any of these symptoms. It's scarv that a woman would have to undergo any of these surgeries because of ignorance,"said junior Celeste Pechous.

Endometriosis is not just a physical dilemma, but a mental one as well. Women still have to live with the disease and prevent it from reoccuring.

According to the Endometriosis association of Dubuque, women should accept the fact that they may live with this disease forever. Women should discuss their feelings and realize that they are not alone. Exercise also helps to relieve pain and keeps patients' minds at ease. In addition, a heating pad, massages or relaxation techniques may take some pain away.

Women who have the disease help each other through support groups such as the association, where they share informa-

Neck •

15 minute

lecture naps

Lower Back

Six hours hunched

over the computer

terminal

COLLEGE IS A PAIN IN THE...

second half and end up losing. In the second-half of this game the Crusaders would not be denied.

The guards were able to handle the pressure that Mount Mercy was trying to put on them, and the rest of the team was up to the task as well. With 10 minutes left in the game, the Crusaders had their biggest lead at 11 points. Down the stretch, the team was able to hold on for the 14 point win.

Clarke was led in scoring by junior center, Mark Devries, with 23 points and seven rebounds. Junior guard Willie Hunt, had 19 points and four assists and was also 5-6 from the foul line to help secure the victory. Sophomore forward David Heisch came off the bench to score 17 points and also pull down seven rebounds. Junior forward Jeff Osterberger, rounded out the Crusaders scoring in double figures with 16 points, pulled down a team high nine re-

tion and their experiences, "said Mariam

Shihata, a hairdresser who began the

This national association helps affected

women and their families by informing,

educating and assisting them. The Dubu-

que chapter meets the first Monday of

every other month from 7-9 p.m. at

from women who have it. The medical pro-

ffession can also learn how to help them

deal with the disease by getting coping tips

from Endometriosis suffers, "Shihata said.

Frances lobby, on Feb. 22 at 7 p.m. She

will further discuss this puzzling disease

WOMEN TO WOMEN, Lucienne Lanson

THE COMPLETE GUIDE TO WOMEN'S

Note: Material for this article came from:

Shoulder

The 30 lb.

bookbag

Butt

Those comfy

chairs

classroom

Shihata will be at Clarke College, Mary

"A lot can be learned about this disease

Wavelengths, 116 w. 13 th St.

and how to cope with it.

HEALTH, Bruce Shephard.

Dubuque chapter.

assists. Junior guard Marcus Taggart, led the defensive cause for the Crusaders with a game high of eight steals. The Crusaders were out rebounded for

the game 40-36, but were able to overcome that by shooting 55.7 percent from the field and reaching the charity stripe 10 more times than the Mustangs did. The Crusaders only turned the ball over 16 times in the contest, and turnovers have been the achilles' heel for the Crusaders

this season. There was a feeling in the team's huddles that made them feel like they were finally going to get that elusive first win. Willie Hunt said, "Just keep playing hard. That's all we need to do is just keep playing hard. Be smart, play hard and this game is ours.

Mark DeVries said that this game was going to come sooner or later and, "We seem to play better on the road this year I thought we were better than some of the teams we were playing and glad we were able to finally win one. I hope we continue to play hard the rest of the season. We may not make the playoffs, but we can play the role of spoilers down the stretch.

Although the team went through some mid-season adversity by losing Derick Booth, Lukef Fedio and Ryan Stochl dur. ing Christmas break, the team seems to be heading in the right direction now. With the retirement of head coach Ed Colbert, at the seasons end, the Crusaders will be look. ing to win a few more games for their outgoing coach.

The women's basketball team hads gone into a mid-season funk. The team is cur. rently 11-9 and 1-5 in Midwest Classic Conference play. The team has played a string of tough opponents and hopes the February homestand will bring some much needed victories to the squad in their run for the NAIA District 15 Division 1 playoffs. Both teams have home games this month against conference foes Grand View, Viterbo, Teikyo Marycrest and Mount St. Clare, as well as non-conference opponent lowa Wesleyan.

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### ...Sneak Preview

higher level classes and will dine with a variety of "campus influentials" aside from the faculty they've dined with. Among these "influentials" will be Sr. Kathy Carr, BVM, campus ministry director, Nevins, James Petty, vice president of student affairs and President Catherine Dunn. The goal is to give the applicants an in-depth look at Clarke.

On Monday morning, the non-applicant vistors will receive a tour of the campus. Applicants will be able to meet with adminssion representatives and one or two Clarke students, so they can ask any questions concerning Clarke or on campus life.

The Sneak Preview weekend was organized this year by admissions representative Brad Florence and student coordinator Todd Wessels. The two have been working with and receiving the needed support from C.A.S.T. and office staff.

The main purpose of the weekend is to provide potential students with a look at Clarke. "Clarke students are always so friendly, " said Ames. "The welcome Clarke always gives visitors to campus is great and appreciated because it's real." This weekend will be no exception as Clarke welcomes its visitors. According to Ames, "Visitors always comment on the friendliness of Clarke and that says something really positive about our

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## **Festiv**

by Anne Dalton

Birthday parties are not just for anymore. Clarke celebrated its thday by hosting an all-day inte festival of fun on Feb. 12.

Tasting booths, set up in the A fered treats from many nations. A booth, filled with delicate pasterie everyones' stomach. A Rt. 66 Tr ran by juniors Chris Kolker and Howard, offered a fast meal while of Tokyo slowly cooked sushi. Oth set up were: The Berlin Wall, Past ChaChaCha, The Leprechaun Mississippi Watering Hole. "I loyed all of the food. It was like Cla sion of the Taste of Chicago, "s Sami Pierson.

The 1550 Chorus, and Jeff director, opened the festival with of songs by sophomores Jon So Heather Hutchcroft; junior Sean seniors Angel Doolittle and Debo A piano and tap dance featuri Kerrigan followed the chorus. Ke hibited her special talent by p piano and tap dancing simul Sophomore Beth Morraele, j Beauvais and senior Chantel M to the music program. Senior J ski and Brian Marceau, assista of publications, played the guir Surprised that S. Alice had suc talent. She's ready for Hollyw Junior Celeste Pechous.

A historical slide show by sen and Lisa Hogan presented "T Founders of Clarke College. 'E construction and maintenan construction and maintenan buildings, men's admittance a formation etudente nethered pecially intersection gathered. pecially students garnered.

pecially interesting garnered.

became part of the Clarke raid junior Jane Meyers.

S. Therese Mackin, BVM, L Sheila Sh S. Therese Mackin, by William Sullivan and Judy Biggi discussion "I Remer was t

Panel discussion.

Iteacher discussion.

Until I bat Clarke and was can be and was can be grant with I Until I became preside it remarkable for the fire a

Mackin found it remarkable for nuns who lost everything